

spectra

NHS
Tayside

THE STAFF MAGAZINE FOR NHS TAYSIDE



20



NHS
Tayside



16



18



21

15

23

19



24



22



17

news2u

Medicines Waste Awareness Week

feature

Facing the future

check it out

Charity swim for PRI

Dear spectra readers,

The festive season is now in full swing and the spectra editorial team are getting into the Christmas spirit. However, the festivities seem to start earlier and earlier each year with supermarkets filling their shelves with mince pies and Christmas puddings as early as October. With this in mind we asked if spectra readers thought that Christmas had come too early this year.

Last month saw the first of a series of sessions entitled Facing the Future which presented to staff the direction of travel for NHS Tayside over the next few years and the areas of priority. The sessions, held across the three localities, were lead by Chief Executive Gerry Marr and were well attended by staff from all disciplines.

We also mark the closure of Sunnyside Royal Hospital where staff held a series of events to celebrate the 230-year history of Scotland's first asylum, prior to the move to Stracathro this month.

TREATS in this issue include a springtime trip to London and walking trips in the Scottish hills as well as a list of online sites to claim your NHS employee discounts.

This is your magazine and we want to hear your ideas, so please get in touch with any suggestions and articles, our contact details are below.

Have a very merry Christmas and a happy New Year!

spectra editorial team



picture courtesy of Courier, Dundee

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contents

4 news2u

10 feature

12 voxpop

14 healthwise

16 feature

18 learning together

20 insight

21 facing the future

22 check it out

24 e-clips



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news2u



healthwise



feature



learning together



50th anniversary of the Queen Mother Wing



NHS Tayside Chairman Mr Sandy Watson and Lord Lieutenant of Angus Mrs Georgiana Osborne



The 50th anniversary of the opening of the Queen Mother Wing at Arbroath Infirmary on 25 September 2011 was marked by the unveiling of a plaque by Mrs Georgiana Osborne, Lord Lieutenant of Angus.

Mrs Osborne was welcomed by NHS Tayside Chairman Mr Sandy Watson, Deputy Chief Executive Ms Caroline Selkirk, Outpatient Manager Mrs Ann Cuthill and Team Leader Mrs Chris Field.

The wing was officially opened by Her Majesty Queen Elizabeth, The Queen Mother fifty years ago. Over 70 guests and staff, including members of the Friends of Arbroath Infirmary and Little Cairnie Hospital, as well as former consultants and nurses, enjoyed the afternoon of celebrations. The celebrations acknowledged

both the past and present delivery of the range of healthcare services and the dedication of the staff who work within the Wing.

Mrs Osborne was accompanied by Chairman Sandy Watson on a tour of the outpatients' department, community maternity unit and minor injuries unit where she met senior staff who gave a short overview of the work carried out in each area and the day-to-day running of the units.

Photographic displays capturing the past 50 years of the Wing were on view during the afternoon, as well as a display of interesting medical and surgical items from the period created by Ninewells Medical History Museum.

Sandy said, "Today marks the 50th anniversary of the Queen Mother Wing and another chapter in the future of Arbroath Infirmary. Much has changed over the years in the way that services are delivered and that is how it should be. However, what has not changed over the years is the care and dedication of the staff working within the Wing."



(l-r) Friends of Arbroath Infirmary and Little Cairnie Hospital Chairman Jacqueline Cargill, Mr Sandy Watson, Mrs Georgiana Osborne, Team Leader Chris Field, Outpatient Department Manager Ann Cuthill and Minor Injury Unit staff nurse Rosie Munro



Mr Sandy Watson and Mrs Georgiana Osborne meeting midwives and guests

ADAPT money service

A new service has now been launched for all staff and patients in Angus and Dundee, offering more long-term sustained support.



The 'ADAPT – Avoid Debt, Act Positively Today' service is a Big Lottery funded project. It aims to address how debt and poor money

management skills can impact on people's health and wellbeing.

ADAPT also helps people to increase their skills in all money matters and enables them to take more control over their finances. Research confirms that benefits arising from such support include reduced stress both for the individuals and their family.

This service is especially for those facing challenging circumstances or a change in circumstances, for example starting a family,

long-term sick leave or perhaps moving from benefits to work.

If either you or any of your patients could benefit from this service contact one of the project support workers who will arrange a suitable time and place to meet. Sessions can also be delivered to groups.

For more information on the ADAPT service contact Margaret or Eileen in Angus on 01241 870695, or Rosemarie or Craig in Dundee on 01382 431582.

Handover of keys at Stracathro

NHS Tayside's new mental health facilities at Stracathro Hospital reached a milestone recently with the handover of keys from building contractors Taycare.

NHS Tayside Chairman Sandy Watson accepted the keys for the £20 million Susan Carnegie Centre from Taycare Project Manager Steve Dakers. The new development is due to be operational by the end of November, with patients and staff transferring from Sunnyside following a comprehensive cleaning, equipping and inspection programme.

Construction began on the new mental health facilities last summer, which will cater for 52 inpatients, including 25 General Adult Psychiatry beds and 27 Psychiatry of Old Age beds, as well as day services for older people. The Centre will house medical staff, occupational therapy, social therapy, older people's psychology and the dementia liaison team, and will include a gym and a spirituality room.



(l-r) NHS Tayside Mental Health Development Project Director Dave Charles, Sandy Watson, Steve Dakers and Taycare Project Manager David Brown

NHS Tayside Chairman Sandy Watson said, "The development of these fantastic new facilities, whose design has had so much input from so many people with a real involvement in the Centre, underlines NHS Tayside's commitment to the care of patients with mental health problems.

"I am delighted to be receiving the keys on behalf of NHS Tayside and this means we can get on and bring this wonderful building to life and, most importantly, start to make a real difference to our patients."

New self management resource for Angus

A new self management resource for health professionals was launched in Angus at Springfield Health Centre in Arbroath.

The 'Self Management Toolkit for Professionals' will be issued to all clinical staff across Angus Community Health Partnership (CHP) and aims to provide health professionals with information on what help and services are available locally.

The many different services that are on offer for people living in Angus are now collated together in one handy booklet.

The booklet has been produced by Angus CHP in response to staff requests. Having this information at their fingertips health professionals will be better placed to signpost people affected by long term conditions to available local resources.

Rhona Guild, Primary Care Manager and Long Term Conditions Lead Angus CHP, said, "People living in Angus with long term conditions regularly tell us that they want good and relevant information and practical support to enable them to live as well as possible. We are pleased to add this professional toolkit to our growing local self management options as we recognise the pivotal role health care professionals play in ensuring people know what is available locally."



(front left) Rhona Guild at the launch at Springfield Health Centre.

News in Brief

Angus

• Make A Difference Day in Arbroath

Arbroath residents were invited to come along to the Healthy Happy Communities' allotment project to help clear and prepare the ground in time for winter.

Members of Angus CHP Health Improvement Team joined volunteers at the allotment and helped to carry out essential autumn gardening tasks such as stripping out pot plants, moving slabs as well as the usual weeding and general tidying up.

Project Manager Shona Burge, said, "Over the summer the allotment has produced lots of fresh vegetables and has proved very popular with local children who have visited."

• Dieticians run weight management classes

Angus CHP dieticians are running a new Emerge Weight Management Programme at Stracathro Hospital. Emerge is a group education programme aimed at helping members of the Angus community with a Body Mass Index of 35 or over to develop a healthy lifestyle and manage their weight.

Run by Specialist Weight Management Dieticians, each session lasts around two hours and will look at causes and consequences of obesity, how to make healthier choices as well as explore eating behaviours.

• Art mementos for St Drostan's House in Brechin

St Drostan's House Care Home in Brechin hosted a display of art work created by participants on Tayside's Healthcare Arts Trust's (THAT) arts programme.

Service users from the residential care centre participated in the creative arts programme which was delivered in partnership with Angus Council's Department of Social Work and Health.

The programme is designed to encourage people affected by dementia to explore and develop their creativity and recognise that they still have abilities and talents that can be enjoyed and celebrated. The eight-week art programme model has been developed by THAT for delivery in community and day care settings.

Medicines Waste Awareness Week - Think, Check, Order



(l-r) Patient Partner Network member Margaret Dunn, Dr Michelle Watts, Specialist Pharmacy Technician Mark Bates, Modernisation and Development Consultant Jackie McCallum

People throughout Tayside were asked to think before they order repeat prescriptions to reduce the amount of wasted medication during Medicines Waste Awareness Week, 24 - 30 October.

A roadshow to support the campaign made its first stop at Ninewells where pharmacy staff and volunteers were on hand to give information on how to dispose of unwanted medication properly and advice on only ordering what you actually need from repeat prescriptions.

During the week, the roadshow visited Perth Royal Infirmary, Whitehills Health

and Community Care Centre in Forfar, Tesco Riverside Dundee and Asda Kirkton in Dundee.

Unused medicines cost the NHS millions of pounds every year. Around £100 million in wasted medicine is returned to pharmacies for safe disposal annually in Scotland. The annual budget for prescribed medicines in NHS Tayside is £100 million and medicines waste currently accounts for over £3.5 million of this.

This could pay for an additional 940 hip replacements, 230 drug course treatments for breast cancer, 3500 drug course

treatments for dementia or 137 community nurses.

It is important to remember that once medicines have left the pharmacy they cannot be re-used and must be incinerated, even if they are unopened.

Dr Michelle Watts, NHS Tayside Associate Medical Director for Primary Care, said, "Medicines waste is a serious and growing problem for NHS Tayside. Sometimes patients or carers order repeat prescriptions they don't really need and stockpile them at home. This can lead to huge amounts of medicines being wasted."

Coast to coast for stroke

NHS Tayside Consultant Physician Dr Alex Doney decided to don his running shoes and run across Scotland in a bid to raise awareness of stroke and to raise funds for those who suffer a stroke.

Over six days Dr Doney ran coast to coast from Oban to St Andrews finally ending his challenging 150-mile journey at Ninewells Hospital.

Dr Doney said, "As the lead for acute stroke in Ninewells, I wanted to raise funds and also awareness of the need for creating an optimum environment to promote treatment and recovery after stroke."



Dr Doney dipping his toes at Oban

"I work with stroke patients every day at the Acute Stroke Unit in Ninewells and see on a first hand basis the devastating impact a stroke can have."

Ninewells unsung heroes

NHS Tayside Chairman Sandy Watson spent an afternoon visiting some of the important services at Ninewells Hospital, taking the time to meet with staff who provide services which are not readily visible to the public – Medical Records, the Mail Room, Tayside Pharmaceuticals, the Laundry and Central Sterile Services.

At the end of his visit the Chairman said, "I was simply unaware of the scope and scale of the services provided in the background by committed staff, who must qualify amongst NHS Tayside's most unsung heroes."

"These visits allow me to build up my knowledge of the services we provide, but it also allows me to meet staff at the sharp end of delivery of services, and to thank them for their contribution to making services for patients better across Tayside."

"Everyone I met today was playing an unseen but nevertheless fundamental part in making NHS Tayside the efficient organisation it undoubtedly is."



Chairman with staff from laundry services



Chairman with staff from sterile services

'Where's Wallace?' visits Dundee Cancer Centre

Dedicated fundraiser Matt Wallace who embarked upon an ambitious social media charity 'Where's Wallace?' quest visited researchers at the Dundee Cancer Centre at Ninewells Hospital recently.

At the centre, he filmed interviews with scientists and nurses as part of a series of videos he is making to showcase the cutting edge research that takes place there.

The Dundee Cancer Centre is a partnership between Cancer Research UK, the University of Dundee and NHS Tayside. Researchers are focused on developing new ways to treat, diagnose, and prevent cancer – particularly bowel, breast and skin cancers.

He hopes to raise as much money as possible for Cancer Research UK as part of his ambitious Where's Wallace? Project which will see him walking 1,500 miles over six months, and stopping off at the charity's 16 research centres along the way.



'Where's Wallace?' visits Dundee Cancer Centre

Strengthening Families Programme is underway

The Strengthening Families Programme (SFP) 10-14 (UK) is a preventative programme, which works with parents and children aged 10 to 14. The programme aims to increase the resilience of families and help them respond to risk factors, including: substance misuse, depression, violence and aggression, delinquency and school failure.

NHS Tayside is managing this programme on behalf of the Dundee Partnership. The programme consists of seven two-hour group sessions (involving up to 10 families) and focus on the strengths of the families. Evidence shows that 90% of families who start the programme will complete it.

The Dundee SFP commenced in June and the first group is already underway. Families across the city can apply to take part in the programme and will also be recruited to participate in the program from target communities (including families vulnerable through deprivation, parental substance misuse, domestic violence and housing). Families can also be referred by agencies such as social work, education, youth justice, health and the voluntary sector.

Barnardo's Scotland will be coordinating the programme so if you would like to find out more please contact TJ Frame at Barnardo's on 07522031511.

Patient Safety Programme in the spotlight

NHS Tayside welcomed the Regional Council of the Capital Region in Denmark to Ninewells Hospital as part of a wider visit to Scotland to learn about large scale patient safety initiatives.

The councillors are elected members of the Regional Council and have a responsibility for the strategic planning of their healthcare system. The delegation visited healthcare facilities in Scotland to gain knowledge and insight into the Scottish Patient Safety Programme and improvements being made in patient safety in primary care.

Chief Executive Mr Marr delivered the welcome address stating, "NHS Tayside already has good links with our partners in Denmark through the Patient Safety Programme and this visit has allowed us to further build on this relationship and show the work which staff here in Tayside have pioneered."

Head of Department for Patient Safety for the Regional Council Beth Lilja said, "NHS Tayside has been a leading star in patient safety for many years inspiring us to take new steps to show that it is possible to make profound changes and improvements in this very complex area of healthcare."



Gerry Marr (second left, front) with staff and members of the Regional Council

News in Brief Dundee

• New GP resource for carers

A pioneering new resource which will help GPs to identify and support carers was launched at Dundee's Westgate Medical Practice by Minister for Public Health Michael Matheson MSP.

Around 14% of registered patients in any one GP practice are unpaid carers, and as many as 10% of patients under 18 may be young carers. Many of these people do not receive support or recognition of their crucial role.

The resource is in downloadable PDF format and offers carers better levels of support to help avoid stress, mental ill health and financial problems, and has been produced in partnership with the Princess Royal Trust for Carers and the Scottish Government.

• 'Hearty Voices Scotland'

The views of people living in Tayside who recently had a cardiovascular health check were heard at a 'Hearty Voices Scotland' event at Dundee's Discovery Point.

The Hearty Lives Dundee and Tayside Keep well teams were looking to find out what people thought of the services they were offered, the impact of the information and results they were given, and ways of improving services for patients.

The session was led by staff from Chest, Heart and Stroke Scotland (CHSS) who, through their Hearty Voices Scotland work in partnership with the British Heart Foundation, have a lot of expertise in helping support patients and the public to shape local services.

• Kith n Kin

Dundee children's kinship service, Kith n Kin, run in partnership by Aberlour and Tayside Council on Alcohol (TCA), has received funding of over £200,000.

To mark the financial award made by Children in Need, Lloyds TSB Partnership Drugs initiative and Dundee City Alcohol and Drug Partnership, MSP for Dundee East Shona Robinson visited the centre to meet service workers and some of the families and children who benefit.

The funding will allow the Kith n Kin team to continue supporting the many local children, and families, affected by parental substance misuse. It will also allow the team to employ a resource worker for kinship carers and a children's worker to support the children in their care. The funds will also provide access to specialist therapies such as art, play, family therapies, and opportunities for carers and children to engage in 'normal' family activities such as family outings.

Chairman goes behind the scenes at PRI



Chairman with catering services manager Fiona Kimmet

NHS Tayside Chairman Sandy Watson continued his programme of visits to behind the scenes services provided by NHS Tayside, paying calls on porters, domestic services, the mail room, the linen room, and catering services in Perth Royal Infirmary.

The Chairman was guided round by Head of Site/Support Services manager for P&K and Angus Mark Scholes, acting site/support services manager Michelle Kettles, assistant site/support services manager Lesley Gallagher and catering services manager Fiona Kimmet.

James McNae from the Mail Room explained to the Chairman how incoming and outgoing mail is dealt with by himself and his three colleagues as well as the arrangements for deliveries to community hospitals and how medical records were dealt with.

In the Linen Room Alison McDougall explained how clean linen was delivered from the laundry at Ninewells, and that almost 15,000 items each week are packed on trolleys for delivery once a day to wards. The Chairman was particularly impressed by the fact that the trolleys were steam-cleaned regularly. All of this is delivered by Alison and three other members of linen/laundry staff – Nicole Lyall, Liz McIntosh and Janice Cockburn.

The final port of call was Catering Services, where Mr Watson first visited the restaurant, which has capacity for 130 staff and visitors, and met senior catering supervisor Joan Smeaton and a few of the restaurant staff. He then visited the main kitchen which employs about 50 staff – including three assistant head cooks, nine cooks including a diet cook, and 25 catering assistants.

At the end of his tour the Chairman commented, "It was a real pleasure to visit these services today and to meet so many people who were clearly committed to and enjoying jobs which they recognised were contributing to good patient care."



(l-r) Alison McDougall, Liz McIntosh, Sandy Watson, Nicole Lyall and Janice Cockburn



(l-r) Michelle Kettles, Graham Connan, Lesley Gallagher and Sandy Watson

In the porters' bothy, he met Graham Connan who explained shift rotas and the way in which the 40 porters are allocated to their various tasks.

The WRVS cafeteria at PRI provides a comprehensive cafeteria service to the public and staff and Mr Watson took the opportunity to stop and chat with two WRVS volunteers at the Welcome Desk in the foyer.

During his visit Mr Watson heard from support services supervisor Liz Dalton about how the 84 domestics are allocated across the hospital.



(l-r) Postal porter Christophe Cornu, Sandy Watson with James McNae

Gardening gold for Pitlochry hospital

The Dr Irvine gardens at Pitlochry Community Hospital struck gold in this year's Pitlochry In Bloom gardening competition.

This was the first time the community hospital entered the competition. The hospital was visited by two judges who were touring towns visiting gardens. The judges awarded the hospital's GP Ward garden a Pitlochry In Bloom gold award and the Atholl Unit garden received a silver award. The hospital's success contributed to the town of Pitlochry winning gold in the national category.

Caitlin Charlton, senior charge nurse, Pitlochry Community Hospital, said, "We are very grateful to the Friends of Pitlochry Community Hospital who we work very closely with them and in particular Alistair Dickson, who undertakes the role of gardener here at the hospital."



Mr Dickson in the GP Ward garden

Eleanor Russell

Eleanor Russell (centre) has retired after 32 years working for the NHS. Eleanor was the first colorectal specialist nurse in Scotland and set up the colorectal service and clinics at Perth Royal Infirmary, she also covered service requirements in Angus.

Consultant Craig Eriksen presented Eleanor with a watch and other gifts on behalf of her friends and colleagues.



Eleanor with colleagues

Engaging with BME communities

Janice Torbet, Associate Director for Human Resources, NHS Tayside, addressed REACH's Tayside Black and Minority Ethnic (BME) Regional Integration and Public Participation Forum (IPF) at Deaf Links in Dundee.

REACH Community Health Project is a national third sector organisation with a key strategic role in improving the health, wellbeing and health care provision of BME communities in Scotland.

The IPF is a gathering of members from across Tayside to celebrate their achievements, and an opportunity for service providers to meet with BME communities. The IPF has membership of 87 diverse BME individuals across all three Community Health Partnership (CHP) areas (Dundee, Angus, Perth & Kinross). IPF members in all three CHPs have been meeting regularly every quarter for the past two and half years.

All 87 members have had ongoing training to help build their confidence, communication skills and awareness of healthcare structures in their areas of residence.

The IPFs have contributed into healthcare service planning and design in Tayside in areas such as hospital food, interpretation and translation. IPFs have also helped ethnic minority communities to actively involve into policy and planning structures.



Janice Torbet at Deaf Links

Soft feel pillows for patients

Following the successful trial and introduction at Royal Victoria Hospital of the new Sleep-Knit Bedding System, NHS Tayside is planning to roll out the bedding to all clinical locations by mid-2012. The innovative system enhances patient care and comfort and has many advantages for nursing staff.

The new Sleep-Knit Bedding System is a knitted textile which has inherent softness and stretch qualities. Patient and staff evaluations have shown exceptionally favourable results against traditional bedding, particularly highlighting improved patient comfort. Staff have also noted that, along with the patient care advantages the Sleep-Knit bedding system facilitates easier bed making.

The new pillowcases will be delivered to wards in bags of 25 on the daily linen trolley as usual and these should be used as a direct replacement for the conventional type.

For more information please contact Christina Robinson christinarobinson@nhs.net x33920 or Maureen Derby maureen.derby@nhs.net x32292 at Tayside Linen Services.



Linen Services supervisor Helen Peters (left) holding one of the new soft pillowcases and linen assistant Amanda Barton holding the old style

Relaxation group

Anxiety and worrying are common problems for individuals with learning difficulties and to help address this a relaxation group for individuals with learning difficulties was run by staff from clinical psychology and nursing.

Members of the group attended eight sessions which were run on a weekly basis. Sessions focused on psycho-education to help understand the effects of anxiety on the body, as well as learning deep breathing techniques, visualisation and deep muscle relaxation. A relaxation script was also specifically adapted for the group and recorded on a CD which was available for all participants to take home.

Participants all reported that they felt less anxious and had enjoyed the group. Participant Rebecca Smeaton, said "I really enjoyed the relaxation and I listen to the CD when I feel anxious as it helps."

Groups are open to individuals with a learning disability. For more information contact Tracy Fox 01738 555451.



Trainee clinical psychologist Moira Cook, staff nurse Tracy Fox with Rebecca

News in Brief



P&K

● Murray Royal staff sign up to Liftshare

Staff at Murray Royal Hospital did their bit to help reduce congestion and save fuel by signing up to share car journeys during National Liftshare Week in October.

Liftshare Week aimed to promote the benefits to commuters of sharing their drive to work. Many people travel alone by car but there's nearly always someone going the same way, especially on the daily commute, and by taking a passenger or two, drivers can save themselves hundreds of pounds a year in fuel costs, as well as easing local pollution and congestion.

Staff can still sign up and register on NHS Tayside's dedicated Perth & Kinross Liftshare site www.perthandkinrossliftshare.com

● Stop smoking support for Kinross residents

Smokers in Kinross can get help to kick the habit through the stop smoking service provided in the town's Rowlands Pharmacy.



A drop-in event was held in the pharmacy where smokers were able to chat to staff from Tayside Smoke Free Services for advice and information on giving up smoking, and to sign up to the pharmacy stop smoking service which includes free Nicotine Replacement Therapy and one-to-one support on a weekly basis.

● Outstanding results for Child Protection

Child protection services in the Perth & Kinross area are outstanding and are the best in Scotland, according to the latest Care Inspectorate report.

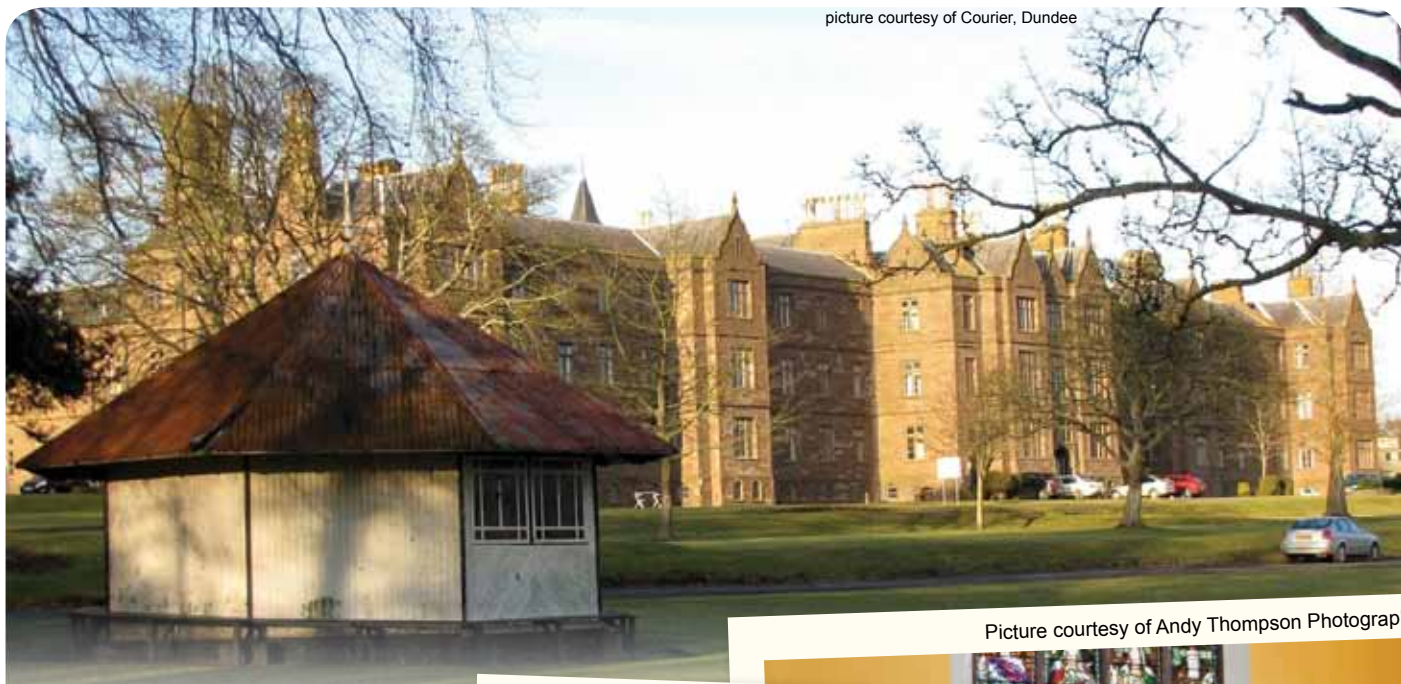
Joint services to protect children and young people are provided by Perth & Kinross Council, NHS Tayside, Tayside Police and many voluntary organisations.

Gerry Marr, Chief Executive of NHS Tayside said: "Protecting children is the most important service we can provide and staff and volunteers here in Perth and Kinross area demonstrate their commitment and dedication to that task every day.

"However we can never be complacent and we will keep striving to ensure that, in partnership, we continue to make the difference for our more vulnerable children."

Marking the closure of Sunnyside Royal Hospital

picture courtesy of Courier, Dundee



Picture courtesy of Andy Thompson Photography

To mark the closure of Sunnyside Royal Hospital, NHS Tayside held a series of events to celebrate the 230-year history of Scotland's first asylum.

A thanksgiving service took place in Hillside Church, Montrose which was conducted by Rev. Linda Broadley. The service gave the local community an opportunity to remember, reflect and look forward with others who have a connection to Sunnyside.

There was also a Summer Fete held in the grounds of Sunnyside with children's activities, various stalls, a car boot sale and music from Montrose Town Band.

An exhibition at Montrose Museum displayed a number of artefacts from the history of the hospital and charted the daily lives of staff and patients. The exhibit included medical equipment, plans, papers and uniforms, as well as portraits and display boards about the developments in the field and key figures such as founder Susan Carnegie and Dr James Howden.

The museum also hosted a series of talks over the course of the exhibition: The history of psychiatry; The history of Sunnyside; Montrose Royal Asylum – The history of psychiatric nursing; and The present and future of psychiatry.





l-r (standing) Montrose Museum curator Rachel Benzie, senior museum assistant Linda Fraser, Head of Angus Integrated Mental Health Services Bill Traup, consultant psychiatrist Dr Chris Pell, head of service for Tayside Alcohol Problems Service Ian Taylor, former consultant psychiatrist and founder of the original psychiatric museum at Sunnyside Dr Ken Keddie's son Hamish Keddie and Clinical Team Manager for general adult psychiatry Alison McGurk (seated) Dr Keddie's widow Anne



Sunnyside is the second site for the local psychiatric hospital in Angus. The original Montrose Asylum, which was the first asylum in Scotland, was funded by public subscription established by local woman Susan Carnegie and opened in 1781. Expanding patient numbers led to the purchase of a new site in Hillside and the current hospital buildings opened in 1857.

The site was further developed with Carnegie Clinic and the hospital block, as well as a number of villas to house patients, added over the years. Notable patients include the father of Arthur Conan Doyle who was a talented artist, and Adam Christie who sculpted the Hillside Robert Burns plaque. Some of Adam's sculptures were on display in the exhibition.

From the 1970s, advances in psychiatric care and greater community resources, including supported accommodation and the set up of three Community Mental Health Teams in the 1990s, led to reduced patient numbers and the closure of some of the buildings on the Sunnyside site.

The new development at Stracathro is replacing the existing facilities at Sunnyside and, along with the development at Murray Royal Hospital in Perth, is part of a £95 million project to provide state-of-the-art facilities for adult and older inpatients, out-patients and day patients from across Tayside.

NHS Tayside Chairman Sandy Watson spent an afternoon visiting Sunnyside Hospital recently and met with a number of staff who work in the psychiatric wards as well as in the Tayside Substance Misuse Unit.

Mr Watson said, "My over riding impression as I left Sunnyside was that yes, the fabric of the building was outdated and presented challenges for both staff and patents. However, I was most impressed with the care, dedication and commitment from staff that I met on my visit.

"Members of staff from charge nurses to ward assistants told me how much they were looking forward to moving and though they realised that closing Sunnyside would mark the end of an era, they believed the move to Stracathro would also herald a new beginning for mental health services in Angus."



Picture courtesy of Andy Thompson Photography



Staff at Sunnyside hosted a tea party for volunteers, fundraisers and supporters as a thank you for their service and support at the hospital.

The Sunnyside Royal Hospital League of Friends, Radio Sunnyside presenters Ann and Alan Collins, and other voluntary staff were invited to the party in recognition of the many years of valuable input they have provided.

Clinical team manager for Psychiatry of Old Age Mandy Warden and clinical team manager for General Adult Psychiatry Alison McGurk, who hosted the event, said, "We are very fortunate that we have been supported by our many different volunteers during our time at Sunnyside.

"Our volunteers in all their varied roles have helped to enhance the care, treatment and recovery of many of our patients over the years and for this we are truly grateful."

Has Christmas come too early this year?

Many shops started their Christmas promotions early this year in a bid to beat the recession, as UK's high street stores attempt to cope with a struggling economy.

As most people were enjoying their summer holidays in July, Father Christmas opened the Christmas section of Britain's most famous department store, Harrods, housing over 8,000 square feet of festivities.

Advent calendars, selection boxes and even Christmas puddings were on stores' shelves months before Christmas Day – with one of Britain's largest supermarket chains selling mince pies that were going out of date two months before 25 December!

All this is topped off with television adverts showing families and friends gathered around the Christmas dinner table enjoying traditional Yuletide fayre, exchanging gifts, and fully embracing the spirit of the festive season – before Hallowe'en has even been and gone!

We asked spectra readers, has Christmas come too early this year?



Name: Martha Savory
Designation: GP Specialist Trainee
Department: Ward 2, Ninewells

Yes, Christmas has come far too early. All the Christmas decorations were in the shops before Hallowe'en.

I read in the paper a man was complaining about the Christmas lights being up in Edinburgh and he was having to lay a wreath for Remembrance Sunday under the Christmas lights!

The second half of November would be a better time for Christmas items to go on sale and for decorations to go up, as the other events have gone by.



Name: David Barrowman
Designation: Public Partnership Network member
Department: PPN Angus

Yes it always comes too early. I always think of the sell-by date of Christmas food sold in October!

1 December would be a good time to start the build up to Christmas I think.



Name: Elaine Giles
Designation: Domestic Assistant
Department: Wards 1/2, Ninewells

It's definitely come too early! For Harrods to open their Christmas shop in July, it's still summer then and people are booking their holidays.

I think September or October is a good time for things to start appearing in the shops.





Name: Sandra Christie
Designation: Corporate Services Assistant
Department: Angus CHP

It's not really been too early this year. The TV has been better and they haven't been showing too many adverts. The shops are way too early though - they had Halloween and Christmas decorations up at the same time. That's not right!

The first week in November is a good time to start so that people who want to get organised early get the chance to shop.



Name: Denise Black
Designation: Healthy Happy Communities Project Worker
Department: Angus Health Improvement Team

Not for me this year as I've just had a baby and I am really looking forward to my son Liam's first Christmas.

I think November is an acceptable time, any earlier is not any good. People feel more festive in November which could be due to the darker nights.



Name: Morag MacRae
Designation: Safety, Clinical Governance & Risk Facilitator
Department: Safety, Clinical Governance & Risk, PRI

Yes I think Christmas always comes too early. I like to leave my Christmas preparation until nearer the time when I feel more festive.

I think 1 December is fine. There is no need to have it any earlier than that!



Name: Pat Fox
Designation: Voluntary Services Manager Angus
Department: Voluntary Services, Stracathro

Yes, I never start thinking about Christmas until December.

The adverts and shop promotions should definitely not start before Halloween and Bonfire Night. I think around the beginning of December would be fine.



Name: Alison Moss
Designation: Clinical Governance Facilitator
Department: Safety, Clinical Governance and Risk, Ninewells

Definitely – Christmas comes too early for me every year. My daughter always complains that our Christmas tree doesn't go up until the weekend before!

I think November is early enough. I understand that people need to plan and buy but I personally don't start my Christmas shopping until December.



Football fans get heart advice

Healthy Working Lives Awards



Operational Unit

NHS Tayside departments were amongst several organisations honoured at a special ceremony held at Dundee City Chambers to celebrate their efforts in building healthy workplaces for staff.

A total of 19 awards were presented along with the first two Mental Health & Commendation Awards in Tayside.

NHS Tayside's Operational Unit and Specialist Palliative Care Services picked up their Gold Awards and Whitehills Health & Community Care Centre in Forfar earned its Bronze Award.

Some of the workplace initiatives undertaken were walking and cycling challenges, the popular Zumba classes, blood pressure checks, and healthy eating and weight management programmes.

Strategic Director of the National Centre for Healthy Working Lives Steve Bell presented the organisations with their certificates.



Professor Stuart Pringle (second left), friend Ian Baird (left) and daughter Heather Pringle (third left) with (remaining l-r) Hearty Lives data facilitator Jess Doddy and staff nurse Lyndsey Mackie, staff nurse Kevin Docherty and charge nurse Nikki Kinsman of Ninewells ward 1

NHS Tayside cardiology staff met with Dundee FC fans at Dens Park to talk about improving heart health.

Consultant cardiologist Professor Stuart Pringle, some of his cardiology colleagues and the Hearty Lives Dundee team hosted an information stand at a recent Dark Blues' home game where they answered questions and handed out leaflets.

The main topics up for discussion were heart attack symptoms, the causes of heart disease, how to access NHS Tayside smoking cessation services and how to sign up for free information from the British Heart Foundation.

Hearty Lives Dundee have a new recruit to their team, workplace health coach Claire Johnstone, who will deliver health coaching in workplaces within Dundee.

Claire will provide advice, support and assistance to help individuals achieve better health, particularly those on low incomes, by encouraging them to make lifestyle changes such as increasing activity levels, making changes to their diet or stopping smoking.

Promoting maternal and infant nutrition



Specialist Palliative Care Services



l-r Breastfeeding support worker Heather Brown, CEL 36 programme manager Carol Barnett and personal assistant Leigh Simpson were at the Dundee Flower and Food Festival at Camperdown Park recently to raise awareness of the importance of nutrition for women before, during and after pregnancy and to promote the message that breastfeeding and good weaning practices lay the foundations for healthier early years

quit4u goes from strength to strength



Stop smoking advisor Lynne Crow (left) and smoking cessation co-ordinator Judy Robertson (right) with the 500th person to sign up to quit4u in Perth Carol Fox

NHS Tayside's quit4u smoking incentive scheme has seen 500 smokers sign up in its first year in Perth.

quit4u was initially launched in Dundee in March 2009 and was extended into areas of north Perth in November last year. Over the summer the project was rolled out further across Perth and over 500 people have now joined the scheme, which offers eligible smokers an incentive of £12.50 supermarket credit per week to spend on groceries if they pass a carbon monoxide breath test.

The smoking cessation team held an event to celebrate its first year at ASDA in Perth where they chatted to shoppers and invited them to sign up to quit4u.

The scheme was recently launched in Angus during the Arbroath Seafest with 45 people signing up over the two day event. Angus Health Improvement Team staff were on hand to give advice and information about quit4u and the other support available to stop smoking.

The team were also present at the Angus Health Fair in the Reid Hall in Forfar where they took the opportunity to chat to visitors about the quit4u scheme.

Smokers can sign up at participating pharmacies for support and carbon monoxide testing, as well as at any local stop smoking group or by calling NHS Tayside Smoke Free Services on 0845 600 999 6.



Arbroath Seafest



Angus Health Fair

The horrors of smoking

Staff, visitors and patients at Ninewells Hospital were encouraged to take part in a Halloween-themed 'whodunnit' to highlight the dangers of smoking.

Smoking cessation staff encouraged people to look at evidence of smoking-related side-effects including blocked blood vessels, breathlessness, poor lung health, heart disease and poor skin and hair.

The perpetrator, Big Cig, was shown to be the cause of these crimes against health.

Smoking cessation co-ordinator for acute services Audrey Mackenzie said, "Although the Halloween event is a bit of fun, smoking remains the biggest single cause of preventable ill health and premature death within Scotland.

"Stopping smoking can reduce that risk as well as improve breathing, circulation and energy levels to name a few."



Smoking cessation class advisor Jodi Moodie (left) and Audrey Mackenzie with the 'criminal' Big Cig

Picture courtesy of Evening Telegraph



Mary Colvin gets on her bike with the cycling group

Get 'On Yir Bike'

NHS Tayside has been working in partnership with Dundee Travel Active and mental health organisations to promote a programme of cycling for people with, or in recovery from mental health problems.

The Get Active – On Yir Bike initiative incorporates physical exercise with the opportunity for participants to build the positive social networks which are important in promoting mental wellbeing and recovery.

The cycling group meet twice a week for two hours in Camperdown Park in Dundee. Participants get the use of a bike and are offered individual cycle training and invited on leisurely group rides in the safe and tranquil surroundings of the park.

Health promotion programmes manager Mary Colvin said, "The positive outcomes of this programme are a result of a number of partners applying the principles in NHS Tayside's Health Equity Strategy.

"It is about recognising and using the potential which exists in individuals, families and communities to improve their services, their health, their environment and their life circumstances."

Think **FAST** save a life

NHS Tayside's stroke awareness Campaign which encourages the public to think FAST and save a life was launched at the Accident and Emergency Department at Ninewells Hospital by NHS Tayside Chairman Sandy Watson and Chief Executive Gerry Marr.

In Tayside last year over 900 people were admitted to hospital with a stroke, so it is vitally important that people recognise that stroke is a medical emergency. They need to know how to respond to the symptoms of stroke early to limit further injury to the brain and this is what the FAST campaign aims to do.

The main message of the campaign urges people across Tayside to think 'FAST' to spot the signs of a stroke and act quickly. Calling 999 could save a life and limit damage to the brain.

The FAST campaign has been coordinated by NHS Tayside's Stroke Managed Clinical Network in association with Chest, Heart & Stroke Scotland. It has been supported by the Scottish Ambulance Service, Angus, Dundee and Perth & Kinross Councils, volunteer stroke patients, community pharmacists, local businesses, libraries and patient support groups across the region.

Stroke awareness information stands were set up in local supermarkets and libraries across Tayside, as well as health information and volunteer points. These stands gave out information leaflets and reinforced the important message that stroke is a medical emergency.

Community pharmacists gave out 30,000 small credit sized cards carrying the FAST symptoms of stroke to people on cholesterol lowering tablets and certain heart medications.



Pitlochry Community Hospital information stand



B&Q Dundee information stand



CO-OP Blairgowrie information stand



St Mary's pharmacy information stand



CO-OP Kirriemuir information stand

Working together to prevent fire deaths

Tayside Fire and Rescue recently hosted an event at the Perth Training Centre attended by 40 key staff from NHS Tayside, the three local authorities and Alzheimer Scotland to consider how to work together to improve the safety and wellbeing of vulnerable adults and prevent fire deaths and injuries in communities.

Unfortunately Scotland faces a disproportionately high number of fire deaths, fire casualties and primary fires (fires involving property), in comparison to other parts of the UK and Europe. The 'Scotland Together' report published in November 2009, following a study to examine how to reduce deaths and injuries caused by fire in Scotland, identified a range of issues that play a significant role in the number of fire deaths in Scotland. Health issues such as alcohol consumption, smoking prevalence and mental health are all recorded as key contributory factors. High levels of deprivation and other social issues such as the number of people living alone, the projected increase in the number of older people and the number of people receiving social care or care in the community are also recorded as key contributory factors.

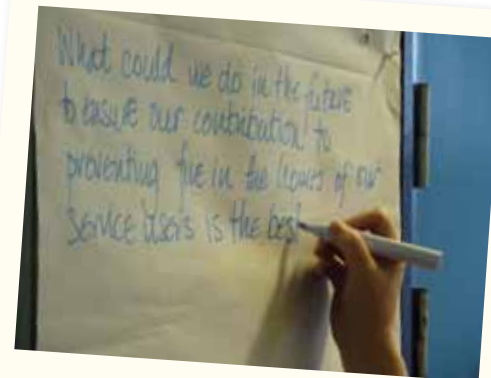
To further support the findings of the study, the event opened by the Chief Fire Officer, looked at the circumstances of the latest fire deaths encountered within Tayside where it was identified that all of the victims were known to either NHS Tayside and/or local authority staff.

Two group sessions then followed looking at the following areas:

- Examples of how we currently raise service user's awareness of fire prevention and help prevent fire in the home.
- Consider ideas on what could be done in the future to contribute to preventing fire in the homes of service users.

Using the appreciative inquiry model of leadership, early evaluative data from this half day event would indicate this has been extremely effective and has generated a series of examples of great practice and ideas around how to build on this for the future. It has also generated a high level of both engagement and motivation.

A follow up event will progress the output from this original activity, with the group of people who contributed to this. A document will be produced which will capture the output and commitment to moving this forward. The output document can then be used to inform the strategy for working together to prevent fire deaths in the future.



Medical students experience frontline emergency care



Photograph courtesy of The Evening Telegraph

A&E Consultant Michael Donald and University of Dundee Professor Gary Mires, with Paramedic Team Leader Peter Ritchie, Ambulance Area Service Manager Steve Robertson and students.

A unique collaboration between NHS Tayside, the University of Dundee and the Scottish Ambulance Service is allowing final year medical students to experience first-hand frontline emergency care given by paramedics.

The opportunity is part of a four-week learning module that has been developed to refine and hone fifth year medical students' ability to recognise and treat patients who are seriously injured or unwell.

This enables the students to better understand and experience the challenges faced by paramedics in diagnosing and treating patients in their homes or at the roadside.

The module encompasses elements of emergency medicine, acute medicine and anaesthesia.

A&E Consultant Michael Donald said, "This is an unrivalled opportunity for the students to be involved in the assessment and management of patients in both primary and secondary care, and at all times of the day and night."

Public speaking and presentation skills training

Two sessions on public speaking and presentation skills have been delivered to staff by NHS Tayside Vice-chairman Murray Petrie.

The sessions were held at Dundee's Kings Cross and focused on techniques to support members of staff in speaking to groups.



Mr Petrie pictured with some of the participants

Cooking up a storm

Eleven cooks and chefs from NHS Tayside hospitals and local care homes took part in an eight-week Professional Certificate for Therapeutic Dietary Needs course at Dundee College.

Organised by Specialist Dietician for NHS Tayside Caroline McKenzie, the course was delivered by dietitians, caterers and a speech and language therapist. The course covers special diets such as healthy eating, texture modification, allergies, ethnic diets and those with kidney disease.

Caroline said, "This is a super course for the cooks and chefs. It really helps them to understand why they are being asked to provide these special diets and an opportunity to feel confident in producing dishes that are both appetising and meets their client's nutritional needs."

"NHS Tayside's Nutrition Standards Team is working hard to raise the profile of the work being done around nutrition in our hospitals and we are also delighted to be working in collaboration with the Care Inspectorate to improve nutritional well-being of the care home residents."

DHLI gain Investing in Volunteers standard



A civic reception was held to mark the presentation of the Investing in Volunteers standard to Dundee Healthy Living Initiative at the City Chambers.

Dundee Healthy Living Initiative (DHLI) is a partnership, funded and managed through NHS Tayside, Dundee City Council and the community. The Dundee Healthy Living Initiative has grown since 2003 and employs community health nurses and community health workers, who are supported by 38 volunteers.

Investing in Volunteers is a national award that focuses on the management of volunteers. It is based on four areas of volunteer management: planning for volunteer involvement; recruiting volunteers; selecting and matching volunteers; and supporting and retaining volunteers.

DHLI Manager Beverley Black said, "We are delighted to gain the Investing in Volunteers standard and are hugely grateful to all of our volunteers for their support over the years."

New cancer centre in memory of Dr Jacqui Wood

A new centre focusing on cancer research is being named after Jacqui Wood, the inspirational leader of the Ninewells Cancer Campaign who sadly died earlier this year.

The Jacqui Wood Centre will bring to fruition a long-held vision of Jacqui's to locate the University of Dundee Medical School's clinical and laboratory research work on cancer in a single location.

Jacqui Wood led the Ninewells Cancer Campaign for 20 years, during which time the campaign raised more than £17million to support cancer research and treatment in Dundee.

Chief Executive of NHS Tayside, Gerry Marr said, "This is a fitting tribute to Dr Jacqui Wood, who worked tirelessly spearheading the Ninewells Cancer Campaign, helping Dundee gain its reputation as a world renowned centre for cancer research and treatment, and improving the lives of cancer patients immensely."

The Jacqui Wood Centre will be housed in what was the TMRC building at the Ninewells site, next to the university's Clinical Research Centre. The five-floor building will be kitted out with state of the art facilities and house more than 100 clinicians and scientists.

Anyone wishing to make a donation to the appeal in memory of Jacqui should make it payable to 'Ninewells Cancer Campaign' and send to Ninewells Cancer Campaign, 1 Cross Row, University of Dundee, Dundee DD1 4HN or phone 01382 385102.



Dr Jacqui Wood

Tayside NHS Board Endowment Fund Board of Trustees update

Tayside NHS Board Endowment Fund Board of Trustees has approved a total of £1,335,000 to be earmarked from Unrestricted Funds to undertake a patient-centred project which will enhance and improve ward environments.



The project includes funding of £335,000 to put in place and test a raft of upgrades to transform a whole ward environment so it is more appropriate and meets the specific needs of older people, the visually impaired, patients with cognitive problems, including dementia, and patients with learning disabilities. However, the improvements will be a benefit to all patients and carers.

Studies show that the design of facilities can play an important role in ensuring quality of life for patients, particularly those with dementia. There is also a clear link demonstrated between positive environments and reduced stress and anxiety felt by families and carers coming into hospital.

Tayside NHS Board Endowment Fund Board of Trustees also approved £100,000 as a contribution towards the procurement of equipment for Next Generation Sequencing - a joint venture between Clinical Genetics in NHS Tayside and the School of Medicine at the University of Dundee. This is a vital tool in modern clinical genetics, allowing high throughput sequencing of DNA from patients.

The Endowment Advisory Group has approved funding to extend a scheme that supports young people to gain work experience. NHS Tayside works with Barnardo's to offer opportunities to young people, aged 16-24, through the Healthcare Academy. Trustees heard that an allocation of £48,000 will now allow the current scheme to be extended for a further four years, with six people per year to participate in the programme.

In addition, funding was approved by the Endowment Advisory Group to designate up to £18,936 towards the procurement of simulation training equipment for Ninewells neo-natal intensive care unit within the area of neo-natal resuscitation and acute crisis management.

Steven Haddow



Yellowstone National Park in America

Steven Haddow, Head of Workforce – Medical Projects, tells spectra about his culinary skills and why he now steers clear of karaoke!

NAME, DESIGNATION AND DEPARTMENT

Steven Haddow
Head of Workforce – Medical Projects
Workforce Directorate

PERSONAL HISTORY (AN OUTLINE OF YOURSELF AND HOW YOU CAME TO BE IN THIS JOB...)

I'm the second of four children and grew up in Broughty Ferry. I left Grove Academy in 1984 and studied Accountancy and Business Studies at Dundee College of Commerce before taking my first job as a clerical officer in the Perth & Kinross Pay Office.

I then moved to Edinburgh where I had a varied career with the Common Services Agency (CSA) working across a number of Divisions, in administration, finance and HR. My final post with them was as manager of NHS Scotland's Graduate Management Training Scheme. I was made redundant from this post in 1998 by a certain Mr Gerry Marr and spent my redundancy cheque travelling round the world for a year. I'm still grateful to Gerry for that opportunity!

When I returned home, I worked in the Scottish Executive Health Department for five years and returned to NHS Tayside in 2005 to support implementation of the new consultant contract. Since then my role has evolved to encompass all HR matters relating to medical staff.

LIKES ABOUT CURRENT JOB

I know it sounds like a cliché, but it's the people I work with. It is important to have colleagues who are supportive and dedicated to delivering the very best.

DISLIKES ABOUT CURRENT JOB

Too many emails! I'd like to see NHS Tayside instigate a policy whereby one day a week is designated an email free day!

MOST UNUSUAL THING ASKED TO DO AT WORK

I once had to build a Wendy House whilst wearing a blindfold! When I managed the Graduate Training Scheme, we designed an exercise to test the trainees' verbal communication skills. One person had to instruct their team, who were blindfolded, how to build the Wendy House.

We tested the exercise in the car park behind our office at the Western General in Edinburgh. Needless to say, our colleagues found it highly amusing to see us fumbling around the car park searching for poles and connectors.

ACHIEVEMENT MOST PROUD OF

At work, it would be helping to introduce appraisal for consultants when I was at the Health Department. I toured the country, delivering over 70 presentations to around 1300 consultants in a four month period! It was exhausting, not so much because of the travel, but because of the usually hostile reception I faced at each of the meetings. I'm pleased to say the profession has a very different view of appraisal now.

On a personal level, I'm qualified to teach English as a second language and briefly taught Buddhist monks in Laos when I was travelling. Last year I also qualified as a remedial and sports massage therapist which I really enjoyed as it was so different from my day job.

FAVOURITE WRITER

I'm currently reading Lewis Man by Peter May. This is the second book in a trilogy about crimes set in the Outer Hebrides. The first book 'The Blackhouse' was a real page-turner.

I also often refer to Diana Henry's books for cooking ideas when I look in the fridge and am faced with a seemingly random selection of ingredients.

FAVOURITE MUSIC

I have a pretty eclectic taste in music and enjoy live concerts. So far this year I have been to see Dolly Parton, Ravi Shankar, Cindy Lauper and the Royal Javanese Gamelan Orchestra.

FAVOURITE MEAL

Grilled sardines, a wedge of lemon, mixed salad, fresh bread and an ice cold beer. I have it every day for lunch when I'm on holiday in Spain.



Sydney Harbour Bridge



Half Dome Mountain in Yosemite National Park

MOST LIKE TO HAVE DINNER WITH

David Attenborough as I think he's had a remarkable life and I love his natural history documentaries, Joan Rivers because she is one of the funniest people I have ever seen, and the architect Zaha Hadid. I saw an exhibition of her paintings at the Guggenheim in New York and have been a fan of her work ever since.

FAVOURITE WORD

I like old Scots words like doughbaw heid, bampot, and scratcher (as in, 'Get oot o' yer scratcher ya lazy git!').

I also like defenestration, which is the act of throwing someone or something out of a window – not that I would ever condone such behaviour!

TOP 3 FRUSTRATIONS

- Dog owners who don't bag it and bin it. I live next to the beach so this is a constant annoyance when I'm out running.
- Old people in the shops at the weekend – they have all week to go to the shops, so I wonder why they leave it till the weekend.
- Emails – see earlier rant!

MOST EMBARRASSING MOMENT

I've tried to block it from my memory, but it involved too much alcohol, a female Scottish comedian and a karaoke contest in one of Edinburgh's less desirable nightspots. I still shudder when I think about it!

IRRITATING HABIT

I would like to think I have none, however, I suspect my friends and colleagues would say otherwise. I've been told that it's not that I always think I'm right, it's just that I never think I'm wrong.

DO BETTER THAN ANYONE ELSE

I love cooking (and eating) and I enjoy experimenting with new ingredients and different flavours. My signature dishes include Arbroath Smokie kedgeree, Confit of Duck and Linguine with Prawns and Chilli.

3 WISHES

- For Easyjet to start flying out of Dundee airport.
- For my body to be the same shape it was when I was 19 (without having to put in the effort required to make this a reality).
- To be able to speak Spanish fluently.

Facing the Future in NHS Tayside

The Facing the Future staff roadshow series kicked off with events taking place in Ninewells, Stracathro and Perth Royal Infirmary throughout the month of November.

Chief Executive Gerry Marr, Chairman Sandy Watson, Medical Director Dr Andrew Russell, Director of Finance Ian McDonald and Nurse Director Dr Margaret McGuire presented to packed venues detailing NHS Tayside's direction of travel over the next few years and the priority areas where we are focusing attention as an organisation.

Staff also had the opportunity to discuss the presentations and ask questions and one of the major talking points was around person-centred care and the future of older people's services in light of the Healthcare Improvement Scotland's inspections as part of the Care for Older People in Acute Settings standards 2002.

The audience heard that around 67% of people in our hospitals at any one time were over the age of 65; that is why older people must be our top priority when we are redesigning our services. NHS Tayside firmly believes that if we can get it right for older people, we can get it right for all.

Dr McGuire outlined some ongoing and planned examples of the new ways of working which have been introduced at ward level including:

- 'Beside the Bed' handovers
- Hourly care rounds
- Daily SCN discussion with every patient
- Nurse meeting with family at visiting time
- Heads of Nursing doing ward rounds

Attendees asked a whole range of questions from the current financial situation to jobs, delayed discharges and the role of inspection and scrutiny on working wards. A recording was made of the event in Ninewells and is now available on Staffnet on the Steps to Better Healthcare site – [Staffnet Homepage | Steps to Better Healthcare](#). Further events are planned for 2012, look out for details on staffnet.



Ninewells



Ninewells



Stracathro



Perth Royal Infirmary

Whitehills supports World's Biggest Coffee Morning

Staff at Whitehills Health and Community Care Centre in Forfar held a coffee morning on 30 September to support the World's Biggest Coffee Morning event for Macmillan Cancer Support.

A selection of tasty home baked treats donated by staff were on offer in the Lintrathan Room and proved too tempting for the staff who dropped in for their morning coffee.

A total of £150 was raised.



Some of those who took part in the event

What have we not done?

The ladies of Invergowie Bowling Club have been fundraising over the season in aid of Ninewells Acute Palliative Care Unit.

At their closing and trophy presentation day they handed over the sum of £2000 to Consultant Palliative Care Specialist Dr Pamela Levack, and Trudy McLeay and Sheena Egan, who are volunteer fundraisers at the clubhouse.

When asked how they had managed to raise this sum they replied "What have we not done?" Sponsored silences, a car boot sale, sales of tablet and other events including bowling competitions featured throughout the bowling season.



(from left with blazers on) secretary Norma Dow, Ladies vice president Betty Rodger, Sheena Egan, Dr Pamela Levack, ladies' president Eleanor Lewis, Trudy McLeay and other ladies from the club.

Perth friends raise £2450 for breast patients

Two Perth women, who are both battling breast cancer, have completed a gruelling charity swim across Loch Tay, raising £2450 for patients at Perth Royal Infirmary.

Friends Dee Corbet and Zoi Chisholm were both diagnosed with breast cancer on the same day earlier this year and have been receiving treatment at Perth Royal Infirmary.



Zoi (left) and Dee with Consultant Surgeon Mr Emad Elsedawy who accepted the cheque

They decided to raise some money for the Perth Breast Care Fund and undertook the challenge of swimming across Loch Tay.

Ninewells Ward 4 donation

Dundee Stroke Recovery Group donated equipment to the value of £1000 to Ninewells Ward 4 to aid patients' recovery by helping to keep up brain activity while they are being treated in the ward.

The equipment consists of a 26" flat screen television with a Nintendo DS console and brain training games, as well as dictionary, crosswords and puzzler.

An Xbox Kinect and cabinet were also donated with body and brain exercises.



Staff and members of the group pictured at the presentation

Breast screening donation

A donation of £300 for breast screening was raised at an International Ice Hockey Federation World Girls' Day.

Scottish Ice Hockey held a game and a 'learn to play' session for girls and ladies at Dundee Ice Arena recently and decided to donate the proceeds to the East of Scotland Breast Screening Service.



l-r Breast Screening Services Manager Debbie Archibald, Senior Radiographer Sandra MacGregor, Specialist Radiographer Helen Leggett, Chairman and Director of Scottish Ice Hockey Jim Anderson, Senior Radiographer Linda Spence and Superintendent Radiographer Margaret Cockbain.

£800 cardiology cheque

June Reynolds of Barry Downs Caravan Park in Carnoustie presented a cheque for £800 to cardiology staff at Ninewells Ward 21.

She raised the money from a sponsored mile swim in Loch Ness and at an auction held at the caravan park club.

June decided to donate the money to cardiology research as her husband Raymond suffered a heart bypass around ten years ago.



Professor Stuart Pringle being presented the cheque by June, with Ward 21 staff also pictured

£750 cheque presentation to Ninewells Obstetrics

The Fleming family from Arbroath handed over a cheque for £750 to Midwifery Team Leader Lesley Mays at Ninewells.

Ewan Fleming celebrated his 50th birthday and instead of gifts, asked friends and family to give a donation to the Down's Syndrome screening programme at Ninewells.

Lesley said, "We were delighted to accept the very generous cheque from Karen and Ewan."



l-r Obstetrics and Gynaecology Receptionist Lesley Nicol, Karen Fleming, Lesley Mays, Ewan Fleming, Nurse Auxiliary Cilla Christie, Associate Specialist in Obstetric Ultrasound Jan Leslie

£665 for PRI haematology unit

A patient at Perth Royal Infirmary's haematology clinic handed over a cheque for £665 to say thank you for the care she received.

Margaret Rose from Pitlochry was diagnosed with aplastic anaemia in 2008 and has been receiving treatment at the haematology day unit ever since.

Over the summer, Margaret and her husband, entertainer Eddie Rose, held their annual Scottish night in Pitlochry Town Hall which ran for six weeks. Over the course of the show's run, Margaret also held a raffle which raised £665 for the unit.

"I can't think of a better place to be raising money for than the haematology unit at PRI," said Margaret. "This is just my way of saying thank you to the staff at the unit who are excellent and have treated me so well over the years."

£610 for Ninewells Ward 32

Ward 32 (radiotherapy and oncology) at Ninewells received a welcome boost of £610 to assist with cancer research.

Head of Oncology Professor John Dewar accepted the cheque from former breast cancer patient Marion Calley (82) of Giffordtown, Ladybank who held a garden party to raise the money.

She wished to give the money to the Ninewells Cancer Campaign with a special request that it is used for research into prostate and breast cancer.



l-r Staff Nurse Lorna Hutton, Charge Nurse Wendy Will, Staff Nurse Gordon McNally, Charge Nurse Adele Honeyman and Staff Nurse Diane Robertson watch on as Professor Dewar is seated with Marion

£120 donation to Ophthalmology Department

A cheque for £120 was presented to Ninewells Ophthalmology Department by Ross Scanlon of Specsavers in St Andrews.

The money was raised during the Dunhill Cup last October at the Old Course in St Andrews where Specsavers had a stand.



l-r Information Manager Alison Simpson, Medical Secretary Lisa Taylor, Senior Charge Nurse Sheila McGilvray, Lead Clinician in Ophthalmology Paul Baines, Ross Scanlon of Specsavers, Specialty Registrar Jonathan Foulds and Specialty Registrar Stewart Gillan.

Single Sign-On



The **Single Sign-On** solution has now been in place across NHS Tayside since September.

How does Single Sign-On Work?

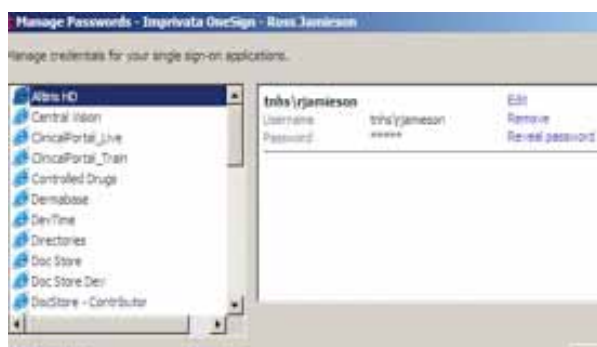
OneSign software has been installed on the majority of PCs (with the exception of some multi-user/shared PCs) and is attached to your Active Directory (TNHS) account. The software watches your desktop until it sees the login page of an application it recognises and when you log in for the first time it remembers your login details and automatically logs you in thereafter.

Managing Passwords

One of the most common Service Desk calls about Single Sign-On has been related to users' details being stored against a colleague's PC logon. The reason why this happens is due to a user not logging off of a PC when they are finished working.

This can be easily rectified by clicking on the red and white OneSign Icon at the bottom right hand side of your screen (next to the clock) which will bring up a menu allowing you to select "Manage Passwords".

A screen will appear with a list of applications/systems, for example if NHSMail is logged in as one of your colleagues when you sign on to the computer, click on this in the list and in the right hand side of the box you will have an option to remove.



Self Service Password Reset

Another feature of Single Sign-On is the **Self Service Password Reset**. Once you have registered for Single Sign-On, you now have the ability to reset your own PC login password. Single Sign-On uses the five security questions that you chose at your initial registration to help you reset your password.

From the Windows login screen:

- Enter your Active Directory/TNHS username
- Click on **Help me log in** at the bottom left-hand side of the login window
- You will be prompted to enter three out of five of your security questions then click Next
- When the password reset box is displayed, enter new password and confirm then press OK

Security

For a PC that is used by a single user or more than one user for long periods of time, you can lock your workstation when you are out at a meeting, lunch or breaks by pressing the **Ctrl and F4** keys on your keyboard. To unlock the PC again when you return, press the **Ctrl, Alt and Delete** keys and enter your PC/Active Directory password.

If you are unable to answer your security questions or have any problems with password reset please contact the IT Service Desk.

If you require further details about Single Sign-On please contact Ross Jamieson, eHealth Customer Services Manager at ross.jamieson@nhs.net or visit our comprehensive Single Sign-On Staffnet site.

IT Service Desk update

To continue to provide a high quality IT customer service in Tayside we have made some important changes to our IT Service Desk.

A Rapid Improvement Event took place over the summer which involved a core team of eHealth staff and customers of the Service Desk looking at current working practices and creating improvement aims for the coming months.

One of the key changes staff will find is the removal of the ithelpdesk.tayside@nhs.net email address as a means of raising new faults or requests with us. The main reason for the removal was due to the high volume of emails received which do not contain enough information for us to process the request.

The Service Desk processes an average of 9,000 requests or incidents every month and it was found that approximately 26% of these require us to ask for additional information.

Due to the removal of this email address we have developed a self service request form on the IT Service Desk website which is on the Staffnet homepage.



The site has important messages, information about any system outages, useful links to help you with your enquiries and our Self Service "Raise an IT Incident/Request" form.

The Service Desk software relies heavily on the LDAP Directory for population of your details so please ensure your details are correct and up-to-date. For guidance on how to update your base and contact details please go to the FAQ section on our Staffnet site and scroll down to D for Directory Details.